

‘Good food for a good mood. Are super foods the answer?’

Prof Barbara Stewart-Knox
University of Bradford
Faculty of Social and International Studies



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We eat and choose foods in response to our mood, either to enhance or to alter how we feel. For example, we are more likely to select 'good' healthier foods, such as fruit and vegetables, when we are experiencing a 'good' or positive mood and select 'bad', less healthy foods, such as high fat and/or high sugar containing foods, when experiencing a 'bad' or negative mood. Bearing this in mind, nutrition scientists and the food industry are increasingly interested in how mood not only drives what we eat, but also how what we eat influences our mood. Studies that have considered mood in response to nutrients and foods and in the context of obesity will be reviewed and the implications discussed.